

# Suggested Hikes



## Myles Standish State Forest

194 Cranberry Road, South Carver, MA

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## Welcome

To help you plan your visit to Myles Standish State Forest, we offer the following suggested hike and ride routes that we think visitors might enjoy. **Introductory Hikes** are relatively short and appropriate for most users, including families with children. **Signature Hikes** are recommended trail experiences that may be longer or more difficult, but that highlights some of the best features of Myles Standish State Forest. It is recommended that you bring along a trail map. Download a trail map at <https://www.mass.gov/locations/myles-standish-state-forest>.

## Introductory Hikes

### East Head Reservoir Loop

**Trailhead:** Begin at the Headquarters Parking Lot located at 194 Cranberry Road, South Carver. From the parking lot entrance, head left to cross a gated foot bridge. The East Head Reservoir Trail starts just after the second gate on your left-hand side.

**Lat/Long:** 41.839333, -70.690985

**Distance:** 2.75 mile loop

**Difficulty:** Easy

**Brief Description:** The East Head Reservoir Trail circles the East Head Reservoir. This hike is an ideal introduction to the area. The trail hugs the shoreline of the East Head Reservoir for most of its length. Traverse the boardwalk sections over wetlands and enjoy the scenery in any season. Download the self-guided "East Head Reservoir Trail Guide" to learn more about this area.

### Bentley Loop

**Trailhead:** The Bentley Loop starts from the parking lot off Upper College Pond Road (P2).

**Lat/Long:** 41.859311, -70.662347

**Distance:** 3.6 miles

**Difficulty:** Easy to Moderate

**Brief Description:** The Bentley Loop passes some lovely ponds and meadows. Hikers are reminded that the Bentley Loop travels through a Wildlife Management Area stocked with game birds during the fall. Be sure to wear blaze orange if you go out during the fall and check the Division of Fisheries and Wildlife guide for a full list of hunting season dates.

## Signature Hikes

### Friends' Loop Trail

**Trailhead:** The Friends' Loop Trail begins at the East Entrance parking lot (P4) off of Long Pond Road in Plymouth.

**Lat/Long:** 41.889766, -70.631876

**Distance:** 3.3 miles

**Difficulty:** Easy to moderate

**Brief Description:** Take the Frost Pocket Bike Path to the Friends' Loop Trail. The trail is somewhat hilly, crossing a glacial moraine, and offers a number of excellent views through the tall pines. At the trail's southwest corner, it connects to the 8-mile Pine Barrens Path.

## Pine Barrens Path

**Trailhead:** This trail connects the Friends' Loop to the Charge Pond Loop along the eastern side of the forest. You can also access the trail from the East Entrance or the fourth parking pull-off on the left side of Cutter Field Road.

**Lat/Long:** 41.889766, -70.631876 (East Entrance Trailhead) or 41.830063, -70.648363 (Cutter Field Road Trailhead)

**Distance:** 8 miles one-way; 16 miles round-trip

**Difficulty:** Difficult

**Brief Description:** This path will take you through the globally rare Pine Barrens habitats and past various frost pockets. Look for the Buck Moth, a black, white, and orange species that flies during the day like a butterfly, and birds like the Rufous-sided Towhee and the Pine Warbler.

## Charge Pond Loop

**Trailhead:** Easiest trail access is provided from the Charge Pond Road parking lot (P5).

**Lat/Long:** 41.821412, -70.672473

**Distance:** 4.8 miles

**Difficulty:** Moderate

**Brief Description:** This trail circles the campgrounds near Charge Pond. Take a short walk north along the bike path from the Charge Pond Road parking lot and turn onto Sasemine Way. The trail passes close to the campgrounds at several points and crosses a number of the fire roads.

## Things to Remember:

- Time, distance, difficulty: average hiker pace is estimated at 1.5 miles per hour. Most distances are round-trip. Plan conservatively, start early. Be aware of weather and sunset. Trail difficulty ratings based on ruggedness and gradient are easy, moderate, or difficult.
- Wear weather appropriate clothing, layer for temperature changes. Appropriate footwear is a must. Trails can be wet or icy, depending on the season.
- Parking at trailheads: No parking fees. Space may be limited. Be courteous to avoid blocking in others or access gates. Do not leave valuables in your car.
- Bring a map, and share your plans with someone.
- Drinking water is usually not available. Bring plenty! Trailside sources should be treated.
- Stay on designated trails: Follow painted blazes and signs if available. Double blazes indicate an intersection or direction change.
- Pace & group size: keep your group together; hike only as fast as your group's slowest hiker. Limit group size to 10 people or fewer to lessen impacts.
- Carry-in, carry-out all trash: Leave No Trace outdoor ethics are strongly encouraged. For more information visit <http://www.lnt.org/programs/principles.php>.
- Pets are generally permitted on 10-foot maximum leash and under control at all times. Please clean up after your pet and dispose of all waste outside of park. Be aware of local park rules and that not all users appreciate encountering pets, even when friendly.
- Be aware that some trails are not well marked.

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The Department of Conservation and Recreation (DCR) oversees over 450,000 acres of state parks, forests, beaches, bike trails, parkways, watershed lands, and dams across the Commonwealth. DCR's mission is to: *Protect, promote and enhance our common wealth of natural, cultural and recreational resources for the well-being of all.*

## MYLES STANDISH STATE FOREST

Department of Conservation and Recreation

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